

Among Friends

October 2014

The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



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Senior Center 508-210-5570
Transportation 508-210-5573
Nutrition Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

"DEALING WITH ALZHEIMER'S..."

...at home; in assisted living; or in the nursing home" will be the subject of Attorney Arthur Bergeron's legal presentation on **Wednesday, October 1 at 1:00 p.m.** Representatives from the Alzheimer's Association and Bay Path Elder Services will be here to discuss resources and strategies in dealing with this disease. Please call 508-210-5570 to reserve a place.



LEGAL QUESTIONS??



Attorney Arthur Bergeron from Mirick O'Connell law firm will be available for 15 minute individual appointments on **Mon., Oct. 6** from **10:00 a.m. to 12:00 p.m.** Attorney Bergeron will answer questions about estate planning and elder law. Appointments are required and can be made by calling 508-210-5570.

COFFEE WITH HARVEY

Harvey Fenigsohn will speak about the Literacy Volunteers of Greater Worcester on **Thurs., Oct. 16** at **10:00 a.m.** Information on tutoring adults and the many success stories will be presented by our friend Harvey, named Tutor of the Year. Please join us for coffee and pastry and an informal talk. Call 508-210-5570 to let us know of your interest.



AN AFTERNOON WITH A RETURNING FAVORITE...



Please join us as we welcome back vocalist Marty Sawyer. Marty will be performing some of your favorite standards as well as some new favorites. Refreshments will be served. Please call 508-210-5570 to make your reservation.

BEST OF FRIENDS FAIR...

...will be held on **Saturday, November 1 from 9:00-3:00.** Volunteers are always needed. If you'd like to spend some fun time (1-2 hours) or all day, there will be a sign up sheet in the foyer of the Senior Center or please call the Faye Ellis at 508-829-6854. Many hands make light work so come join in the fun! We look forward to seeing you there! Our next meeting will be on **Monday, October 6 at 1:00 p.m.** Everyone is welcome.



**The Senior Center will be closed on
Monday, October 13 in
Observance of Columbus Day**



UPCOMING TRIPS



Wed., Oct. 22 ... Comedy Singer Joey Vincent ... Lantana's, Randolph, MA ... No matter what your taste in entertainment, the Joey Vincent show has something for everyone. Joey Vincent has been entertaining audiences throughout the United States and Canada for over 30 years, including Carnegie Hall, The Philadelphia Academy of Music and Toronto Symphony Hall, as well as an appearance on America's Got Talent. A fast-paced blend of musical impressions, stand-up comedy, singing, dancing and trumpet virtuosity, this unique show is one you shouldn't miss! From James Brown to the Jersey Boys, Stevie Wonder to Willie Nelson, Louis Prima to Luciano Pavarotti, Joey Vincent gives you an exciting and CLEAN show that's sure to please. Luncheon menu: Minestrone Soup, Rolls/Butter, Roast Turkey Dinner with all the fixings (Gravy, Cranberry Sauce, Potato, Stuffing Vegetable), Dessert, Coffee/Tea. Price for this trip is \$79.00, including transportation, lunch, show and driver gratuity.

Sun., Dec. 7 ... "Christmas Time" Start the holiday season off with a trip to the Reagle Playhouse where the Reagle Players are performing the 31st annual holiday show, **"Christmas Time."** The one Boston Christmas spectacle guaranteed to warm any heart! The only theatre to use the same outline as Radio City Music Hall in NYC. Children of all ages are enchanted by Santa's Workshop, Teddy Bears' Nutcracker, Parade of Wooden Soldiers, Victorian Christmas, precision dancers and the Living Nativity. The cast of 200 comes gift wrapped in fabulous holiday sets and costumes, all backed by a live orchestra. Cost of this trip will be \$86.00 per person which includes transportation, the show and driver's gratuity. There will also be a coffee stop at Panera Bread and Bakery on the way to the show.

WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE as we have other events taking place at the Senior Center during the day.



DID YOU KNOW...

...Thomas Edison inventing the working electric light, the premier of "I Love Lucy," and the official sanctioning of the five-day work week by the American Federation of Labor ALL happened in the month of October!



FLU SHOT CLINIC

The VNA Care Network and Hospice and the Holden Senior Center announce that they will hold their Annual Flu Shot Clinic on **Friday, October 24** from **1:00-3:30 p.m.** **Please bring your health insurance card(s) with you** as your shot will be charged to your health insurance. If you have questions, please call the Senior Center at 508-210-5570.



ATTENTION ALL VAN CLIENTS!!!!



Now that we no longer have our van escorts, we need to put a limit on how many bags you have when you utilize the van for shopping. The drivers are only allowed to leave the driver's seat for very short periods of time. To that end, we ask that you keep the number of bags to no more than eight (8) for the driver to carry. If you need to have considerably more than that we suggest that you could perhaps shop more often. Your cooperation with this request will be greatly appreciated.

SHINE COUNSELOR

**Monday, October 6 and Monday, October 20
BY APPOINTMENT ONLY**



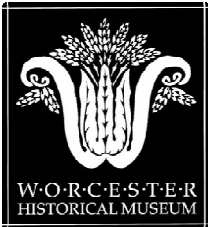
CHAIR PILATES

Two free classes in Chair Pilates will be offered in October. The classes will be taught by a certified instructor and are open to all levels. Come and participate, or just sit and observe the classes on **Thursday, October 9 and Thursday, October 16** from **1:00-2:00 p.m.** Please call 508-210-5570 and let us know how many chairs to place! *For those of you who don't know what chair pilates is...*



Chair pilates offers a way to practice pilates for those who have difficulty getting on and off the floor. It is unique in that it is designed to work the core muscles of the body as well as those that support the pelvis by keeping the body upright. The class also focuses on standing exercises that increase strength and balance while having a chair nearby for stability if needed. The class is taught in a progressive manner and starts where each individual is. This means that no matter the level, all are welcome and over time, with practice, progress will be made. The atmosphere is light and fun so come try it and put a smile on your face.

ONE OF WORCESTER'S FINEST GEMS



Join us as we welcome William Wallace, Director of the Worcester Historical Museum on **Mon., Oct. 27 at 1:00 p.m.** Mr. Wallace will talk about the museum and their many unique collections. Information on early Worcester, its industries and art, including the special Valentine collection will be presented. Please call 508-210-5570 to reserve a seat.

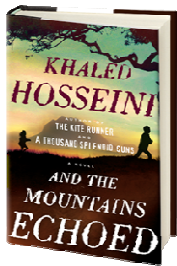
OCTOBER CHAIR YOGA THEMES

Fall into the beautiful bright colors of Autumn with our Fall Focus on Health, Strength and Well Being.

Oct. 7 - Muscle and Joint Strength; Oct. 14 - Immune Strength; Oct. 21 - Emotional Mood and Balance; Oct. 28 - Skeletal Strength.



BOOK DISCUSSION GROUP



























The book discussion group will meet at **10:00 a.m.** on **Thursday, October 16** to discuss the book And the Mountains Echoed by Khaled Hosseini. Khaled Hosseini, the #1 New York Times–bestselling author of The Kite Runner and A Thousand Splendid Suns, has written a new novel about how we love, how we take care of one another, and how the choices we make resonate through generations. In this tale revolving around not just parents and children but brothers and sisters, cousins and caretakers, Hosseini explores the many ways in which families nurture, wound, betray, honor, and sacrifice for one another; and how often we are surprised by the actions of those closest to us, at the times that matter most. Following its characters and the ramifications of their lives and choices and loves around the globe—from Kabul to Paris to San Francisco to the Greek island of Tinos—the story expands gradually outward, becoming more emotionally complex and powerful with each turning page.

JUST A REMINDER...

...that the Public Power Week Luncheon will be held on **Thursday, October 2 at 12:00 p.m.** If you've made a reservation...we look forward to seeing you. If you have a reservation but cannot make it, please call the office at 508-210-5570 to cancel your reservation such that we can fill it with someone else.



OCTOBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE		<div>1</div> <div>  </div> <div> 8-4:00 Billiards 9:00 Tai Chi 9:00 Bridge Lessons 10:00 Senior Walkers 12:00 Senior Lunch <i>Salmon Noodle Casserole</i> 1:00 Pitch Party 1:00 Dealing with Alzheimer's Disease </div>	<div>2</div> <div>  </div> <div> 8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Public Power Lunch By Reservation Only 1:00 Bridge </div>	<div>3</div> <div>  </div> <div> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Chicken Stew</i> 1:00 Cribbage 1:15 Spring Chicken Fitness </div>
<div>6</div> <div>  </div> <div> SHINE by Appt. Only 8-4:00 Billiards 10-12 Legal Clinic by Appt Only 12:00 Senior Lunch <i>Macaroni & Cheese</i> 1:00 Friend's Meeting 1:00 Quilting </div>	<div>7</div> <div>  </div> <div> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Chow Mein</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga </div>	<div>8</div> <div>  </div> <div> 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>Pork w/Stuffing & Gravy</i> 1:00 Pitch Party </div>	<div>9</div> <div>  </div> <div> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Kielbasa</i> 12:30 Movie <i>"Driving Miss Daisy"</i> 1:00 Bridge 1:00 Chair Pilates </div>	<div>10</div> <div>  </div> <div> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Lemon Pepper Fish</i> 1:00 Cribbage 1:15 Spring Chicken Fitness </div>
<div>13</div> <div>  </div> <div> SENIOR CENTER CLOSED Columbus Day IN OBSERVANCE OF COLUMBUS DAY </div>	<div>14</div> <div>  </div> <div> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salmon Boat w/Dill Sauce</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga </div>	<div>15</div> <div>  </div> <div> 8-4:00 Billiards 9:00 Tai Chi 9:00 Bridge Lessons 10:00 Senior Walkers 12:00 Senior Lunch <i>Hot Dog & Baked Beans</i> 1:00 Pitch Party </div>	<div>16</div> <div>  </div> <div> 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Grp 10:00 Coffee with Harvey 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pasta Primavera w/Chicken</i> 12:30 Movie <i>"Mirror, Mirror"</i> 1:00 Bridge 1:00 Chair Pilates </div>	<div>17</div> <div>  </div> <div>  8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Beef Mediterranean</i> 1:00 Cribbage 1:15 Spring Chicken Fitness </div>
<div>20</div> <div>  </div> <div> SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch <i>Shepherd's Pie</i> 1:00 Quilting </div>	<div>21</div> <div>  </div> <div> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Cacciatore</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga </div>	<div>22</div> <div>  </div> <div> 8-4:00 Billiards 9:00 Tai Chi 9:00 Bridge Lessons 10:00 Senior Walkers 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Pitch Party </div>	<div>23</div> <div>  </div> <div> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Turkey a la King</i> 12:30 Movie "Chimpanzee" 1:00 Bridge </div>	<div>24</div> <div>  </div> <div> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Pot Roast Stew</i> 1:00 Cribbage 1-3:30 FLU SHOT CLINIC </div>
<div>27</div> <div>  </div> <div> 8-4:00 Billiards 12:00 Senior Lunch <i>Chicken Mornay</i> 1:00 Quilting </div>	<div>28</div> <div>  </div> <div> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Eggplant Parmesan</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga </div>	<div>29</div> <div>  </div> <div> 8-4:00 Billiards 9:00 Tai Chi 9:00 Bridge Lessons 10:00 Senior Walkers 12:00 Senior Lunch <i>Burgundy Meatballs</i> 1:00 Pitch Party </div>	<div>30</div> <div>  </div> <div> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Cracker Crumb Fish</i> 12:30 Movie "Silver Linings Playbook" 1:00 Bridge </div>	<div>31</div> <div>  </div> <div> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Sloppy Joes</i> <i>Set up for the fair all afternoon</i> </div>

COMING IN NOVEMBER...

Sat., Nov. 1 ... Best of Friends Fair ... 9:00-3:00

Tues., Nov. 4 ... Election Day ... No Programs

Mon., Nov. 10 ... Veterans Day Concert

Wed., Nov. 12 ... Safe Driving with AAA

Mon., Nov. 17 ... Hunting Horns and Stories of
meeting the Queen

Wed., Nov. 19 ... Home Cooked Meal



FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your
membership to: Holden Senior Center, 1130 Main Street
Holden, MA 01520.

OCTOBER MOVIES

Thurs., Oct. 9 ... "Driving Miss Daisy" ... After wealthy and strong-willed Atlanta widow Miss Daisy Werthan crashes her car, her son insists she hire a chauffeur. Miss Daisy's stubborn reluctance gives way as she slowly warms up to her new driver and the two strike up an enduring friendship. Starring Morgan Freeman, Jessica Tandy, Dan Aykroyd *Rated PG ~ 99 minutes*



Thurs., Oct. 16... "Mirror, Mirror" ... Much darker than the well-known animated Disney version, this remake of the classic Grimm tale follows fair-skinned princess Snow White on a quest to regain her royal throne with help from a team of shady dwarves. Starring Julia Roberts, Lily Collins, Nathan Lane *Rated PG ~ 106 minutes*

Thurs., Oct. 23 ... "Chimpanzee" ... Spinning documentary footage into family-friendly fare, this DisneyNature film follows an orphaned chimp named Oscar on his quest to find a home. In the end, he finds a new family in the unlikely of places. Narrated by Tim Allen. *Rated G ~ 78 minutes*



Thurs., Oct. 30 ... "Silver Linings Playbook" ... After a stint in a psychiatric hospital, bipolar Pat has no choice but to move back in with his football-obsessed parents. While he tries in vain to reconcile with his wife, Pat meets a woman who's as unstable as he is -- and she changes his life. Starring Bradley Cooper, Jennifer Lawrence, Robert DeNiro **Rated R for Language and some sexual content/nudity** ~ 122 minutes

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Massachusetts Executive Office of Elder Affairs and the Friends of HCOA*

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Holden, MA 01520